

What Projects Can J Take Part in?

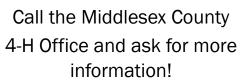
How do J Join 4-H?



- **Arts & Crafts**
- Cavy (Guinea Pig)
 - Community Service
- Citizenship
 - **Conservation/Earth Science**
 - Cooking
 - Dance
 - **Dog Obedience**
 - Fine Arts
 - **Food & Nutrition**
 - Gardening
 - Horse
 - **Indian Culture**
 - Livestock (Goats, Sheep, Dairy)
 - Leadership
 - **Pet Therapy**
 - **Poultry**
 - **Public Speaking**
 - **Rabbits**
 - **Remote Control Cars**
 - **Reptiles**
 - Sewing
 - **Shooting Sports/Archery**
 - Small Animal



And More!!



(732) 398-5261



Rutgers Cooperative Extension of Middlesex County

42 Riva Avenue Davidson's Mill Pond Park North Brunswick, NJ 08902 www.co.middlesex.nj.us

Laura K. Bovitz: County 4-H Agent **Dave Donegan: 4-H Program Assistant** Victoria Parker: 4-H Secretary



JOIN IN THE FUN **OF MIDDLESEX COUNTY 4-H!**

RUTGERS



For Friends... For Fun... For Everyone...





What is 4-H?

- A program that gives youth a chance to explore their own interests and abilities
- A way to meet new friends and learn to work in a group
- A program that helps to build selfconfidence and self-esteem
- A place to learn "skills for life"
- A place to develop leadership skills
- A program that encourages youth to become involved in serving their community
- A place to earn recognition and awards for success and participation.



4-H Motto:

To Make the Best Better!

How Does it Work?

- 4-H members belong to clubs which focus on one or more project areas.
 Available project areas are listed on the back of this flyer.
- Clubs are led by adult volunteer leaders and are supervised by county 4-H staff.

4-Hers can take part in many county & state4-H events, such as...





- County 4-H Fair
- Weekend Camping Programs
- Field Trips & Social Events
- Community Service
- Favorite Foods Festival
- Public Speaking Events
- County Awards Program
- Overnight & Day Camps
- Club Officer Training

Who Can Be in 4-H?

EVERYONE!



- 4-H educational programs and club memberships are available To youth in grades K-13, on a grade appropriate basis
- Adults can become involved as
 4-H club or 4-H program volunteers

Membership is open to all regardless of race, color, national origin, sex, disability or handicap.